



REGISTRATION

To register for upcoming trips or events, stop by the Richmond District YMCA front desk and one of our friendly membership staff will be able to assist you.

MEMBERSHIP

To participate in programs at the Y, a membership is required. We offer a Community Participant Membership free of charge which gives you the ability to enroll in programs and trips. We also offer an affordable Active Older Adult Facility Membership which includes access to fitness facilities at all YMCAs nationwide and gives you special rates for programs and trips. Stop by the front desk to get your membership set up today! We believe that cost should not be a barrier which is why we offer financial assistance to the extent possible for membership and programs.

CONTACT



ANTONIO ORTIZ

Active Adult Engagement Coordinator

P 415 666 9614 • E aortiz@ymcasf.org

Antonio was born and raised in the Richmond District and his journey brought him to the Richmond District Y. He strives to insure that people have a great experience at the Y and encourages them to meet their goals.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Richmond District YMCA

ACTIVE OLDER ADULTS

MONTHLY ACTIVITY CALENDAR- September 2026

EXPLORE THE POSSIBILITIES

For more info, please contact
P 415 - 666 - 9622

RICHMOND DISTRICT YMCA
360 18th Ave,
San Francisco, CA 94121

RDYMCA
RichmondDistrictYMCA
ymcasf.org/richmond



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

AOA ACTIVITY CALENDAR – September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 *Chair Yoga / Studio 1 10:30 am - 11:45 am *Senior Strength / Studio 1 12:00 pm - 1:00 pm (SC)	2 *Sit & Be Fit / (CR) 10am-10:45am / 11am-11:45am 12:30pm-1:30pm Walking Group 1:30pm - 3:30pm Beg Bridge 1:30pm - 3:30pm(SC)	3 Mindful Meditation (SC) 10:30 am - 11:30 am Mahjong / Beg&Int (SC) 12:00 pm - 3:00 pm *Boomercize (Studio 1) 1:00 pm - 2:00 pm	4 Movie & Popcorn (SC) *** (11:00am - 1:00pm) Adv Bridge 1:30pm - 4:30pm *Tai Chi 1:45 pm - 2:45 pm (S1) (SC)
7 Labor Day Holiday *Sit & Be Fit (CR) 10:00am Class & 11:00am Class Knitting (SC) 11:00 am - 12:45 pm Mahjong / Adv (SC) (Freeplay) Canceled	8 *Chair Yoga / Studio 1 10:30 am - 11:45 am *Senior Strength / Studio 1 12:00 pm - 1:00 pm (SC)	9 *Sit & Be Fit / (CR) 10am-10:45am / 11am-11:45am Flower Arranging 12:30pm-1:30pm Walking Group 1:30pm - 3:30pm Beg Bridge 1:30pm - 3:30pm(SC)	10 Mindful Meditation (SC) Canceled Mahjong / Beg&Int Freeplay(SC) 12:00 pm - 3:00 pm *Boomercize (Studio 1) 1:00 pm - 2:00 pm	11 Coffee Meet Up 8am - 9am Social Canceled Adv Bridge 1:30pm - 4:30pm (SC) *Tai Chi 1:45 pm - 2:45 pm (S1)
14 *Sit & Be Fit (CR) 10:00am Class & 11:00am Class Knitting 11:00 am - 12:45 pm Mahjong / Adv (SC) 1:00pm - 4:00pm	15 *Chair Yoga / Studio 1 10:30 am - 11:45 am *Senior Strength / Studio 1 12:00 pm - 1:00 pm Corn Salad (SC) Cooking with Antonio 1:00pm - 2:30pm	16 *Sit & Be Fit / (CR) 10am-10:45am / 11am-11:45am Flower Arranging 12:30pm - 1:30pm Walking Group 1:30 pm - 3:30 pm Beg Bridge 1:30pm - 3:30pm (SC)	17 Mindful Meditation (SC) 10:30am - 11:30am Mahjong/Beg&Int 12:00 pm - 3:00 pm *Boomercize (Studio 1) 1:00pm - 2:00pm	18 Poetry Reading (SC) 11:30am - 1:00pm Adv Bridge 1:30pm - 4:30pm (SC) *Tai Chi 1:45 pm - 2:45 pm (S1)
21 *Sit & Be Fit (CR) 10:00am Class & 11:00am Class Knitting (SC) 11:00 am - 12:45 pm Mahjong / Adv (SC) (Freeplay) 1:00pm - 4:00pm	22 *Chair Yoga / Studio 1 10:30 am - 11:45 am *Senior Strength/Studio 1 12:00 pm - 1:00 pm	23 *Sit & Be Fit (CR) 10am-10:45am / 11am-11:45am Flower Arranging (SC) 12:30pm - 1:30pm Walking Group 1:30pm - 3:30pm Beg Bridge 1:30pm - 3:30pm (SC)	24 Mindful Meditation (SC) 10:30am - 11:30am Mahjong / Beg&Int Freeplay (SC) 12:00pm - 3:00pm *Boomercize (Studio 1) 1:00pm - 2:00pm	25 Coffee Meet Up 8am - 9am Birthday & Bingo (SC) 11:30am - 1:00pm Adv Bridge 1:15pm - 4:15pm (SC) *Tai Chi 1:45 pm - 2:45 pm (S1)
(Sept 28) *Sit To Be Fit (CR) ***10:00am One Class Only! Knitting Class 11:00 am - 12:45 pm Mahjong / Adv (SC) 1:00pm - 4:00pm	29 *Chair Yoga / Studio 1 10:30 am - 11:45 am *Senior Strength/Studio 1 12:00 pm - 1:00 pm	30 *Sit & Be Fit (CR) 10am-10:45am / 11am-11:45am Flower Arranging (SC) 12:30pm - 1:30pm Walking Group 1:30pm - 3:30pm		